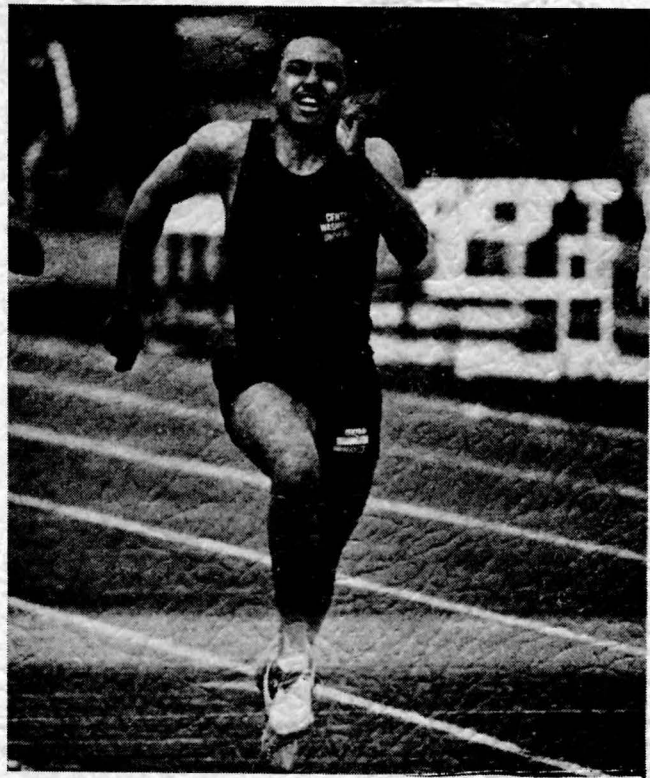




1986

Central Washington University Track



1986 Coaching Staff

SPIKE ARLT/Men's Head Coach

Twelfth Year

Walter "Spike" Arlt is beginning his 12th season as head track and cross country coach at Central Washington University.

While the district track championship has eluded the Washington State University graduate, he has led the Wildcats to six second place finishes, including four straight (1979-82).

CWU has claimed 34 individual district championships under Arlt's tutelage. He has also coached nine track All-Americans, including Paul Harshman who finished third in the 10,000 meters at the 1984 national meet.

The Wildcats have also been a national power in cross country under Arlt's guidance. He has coached four All-Americans and CWU has finished in the Top 10 nationally six times since 1975, won two team district titles and five individual district crowns.

Central finished eighth at the 1979 national meet, tied district rival Simon Fraser for fifth in 1980 and finished seventh in 1981. The 'Cats placed 11th in 1982 and finished sixth last fall when Arlt was named NAIA District 1 coach-of-the-year.

Arlt, 48, joined the CWU coaching staff in 1968 and served as an assistant track coach until the fall of 1974 when he was named head track and cross country. He served as chairman of the District 1 track coaches from 1979 until 1985.

The CWU coach was born Nov. 11, 1937, in Ritzville. He graduated from Ritzville High School in 1956 and from Washington State University in 1960. He earned his masters in education from CWU in 1968.

Arlt competed in football and track at WSU. He was the Cougars' Athlete-of-the-Year in 1960 and placed fifth in the high hurdles at the Olympic Trials the same year. He also captained the track team.

Prior to coming to CWU, Arlt coached at Harrington and Eastmont high schools. In football, he compiled a record of 31-13-2.

Arlt and his wife Marcia, have three sons, Richard 23, Robert 22, and John 19. Richard is a former two-year letter winner for the CWU track team and John is a member of this year's squad.



JAN BOYUNGS/Women's Head Coach

Twentieth Year

Jan Boyungs, Central Washington University's women's track coach from 1965 until 1983, is beginning her second term as head coach this spring.

Boyungs spent the 1984-85 school year studying at the University of Oregon in the area of fitness management and exercise physiology before returning to CWU this fall.

Though Boyungs wasn't involved in the track program at Oregon, the experience will have an affect on her coaching methods. "You don't live in the track capital of the world and not get caught up in the excitement," Boyungs said.

Boyungs took three classes with Dick Brown, former coach of Olympian Mary Decker Slaney. "We talked quite a bit and our distance program will follow his basic philosophical program."

A former CWU women's athletic director before the men's and women's positions were consolidated, Boyungs has been a prominent leader of women's athletics in the Pacific Northwest for the past two decades.

She was the Northwest District Officiating coordinator from 1969 until 1972 and served as national president of the Division of Girls' and Women's Sports in 1970.

She has been a speaker at many national and regional sports conventions and has directed a series of track and field workshops over a period of several years.

Before arriving at Central in 1965, she taught four years each at Glenview Junior High School and at the YMCA in East Moline, Ill. She was program director of the YMCA during those years.

Boyungs, an assistant professor of physical education at CWU, received her bachelor of science degree in physical education from Western Illinois in 1960 and her masters from CWU in 1965.



During her coaching career at Central, she has coached 11 national place winners including 1971 AIAW national mile champion Carol Kruckenberg, and three All-Americans — Laura Myers, Lorna Beaver Martinson and Kelly Keene. (All-American awards were not given prior to 1978).

Myers placed third in the 3000 meters in 1981, while Martinson was third in the javelin in 1982 and 1983 Keene placed fifth in the high jump in 1983.

Boyungs, who founded the cross country program here in 1975, also coached one cross country All-American — Carol Christensen, who finished 12th in the 1982 AIAW national meet.

Boyungs also directed CWU to the 1968 Northwest district track championships. Currently, she also serves CWU as its fitness coordinator as well as track coach.

1986 TRACK SCHEDULE

Mar.		
1	Whitman Invit.	Walla Walla
8	Salzman Relays (PLU)	Tacoma
15	Puget Sound Invit.	Tacoma
April		
5	CWU Invitational	Ellensburg
12	Western Wash. Invit.	Bellingham
19	CWU Invitational	Ellensburg
21-22	NAIA Decathlon	Bellingham
24-26	UW Relays	Seattle
May		
3	Spokane CC Invit.	Spokane
9-10	NAIA District	Bellingham
22-24	NAIA Nationals	Russelville, Ark.

CWU Athletic Staff

Athletic Office 509-963-1911

Administrative Staff

Gary Frederick/Athletic Director
John Gregor/P.E. Department Chairman
Bonnie Petersen/Secretary
Paula Romeo/Secretary
Gary Smith/Athletic Trainer
Bob Gupstill/Sports Information Director
Art Powell/Equipment Manager

Office

963-1911
963-1911
963-1911
963-1911
963-3238
963-1491
963-3238

Home

925-4027
925-5222
968-3328
925-2752
925-3887
962-2575
962-9092

Track

Spike Arlt/Men's Head Coach
Jan Boyungs/Women's Head Coach

Office

963-2746
963-1794

Home

925-2761
925-1185

Baseball

Dale Ehler/Head Coach

Office

963-1041

Home

966-3484

Tennis

Dennis Roberts/Men's Head Coach
Dee Johns/Women's Head Coach

Office

925-4025
963-1951

Home

962-6161
925-1185

Golf

Frank Crimp

Office

962-2984

Home

962-5262

Other Sports

Tom Parry/Football
Spike Arlt/Men's Cross Country
Mike Frederick/Women's Cross Country
Dean Nicholson/Men's Basketball
Gary Frederick/Women's Basketball
Scott Ricardo/Wrestling
Bob Gregson/Swimming
Swimming Pool

Office

963-1911
963-2746
963-1911
963-1041
963-1911
963-1758
963-1151
963-1851

Home

925-9118
925-2761
925-6102
925-5254
925-4027
925-3229
925-9321

TABLE OF CONTENTS

Coaching Staff Inside Front
1986 Schedule Inside Front
1986 Rosters Inside Back
About CWU 2
CWU President/Athletic Director 3
Assistant Coaches/CWU Trainer 4

Men's Profiles 5-11
Women's Profiles 12-15
Qualifying Standards 16
1985 Review 17-20
Men's & Women's Records 21-30
Cross Country 31

For information regarding any phase of Central Washington University athletics, contact Bob Gupstill (Sports Information Director, University Relations, Ellensburg, Wa. 98926). Athletic department offices are in Nicholson Pavilion and the SID office in in 214 Bouillon Hall.

Central Washington University

For nearly a century Central Washington University has provided quality education for the citizens of the state of Washington. It is one of six state-supported institutions offering baccalaureate and graduate degrees.

Originally known as Washington State Normal School, the institution became Central Washington College of Education in 1937, Central Washington State College in 1961 and Central Washington University in 1977.

Now CWU is considered one of the top smaller comprehensive universities in the country. Central earned that distinction in Nov., 1983, when **U.S. News & World Report** published results of an extensive national survey of college presidents.

CWU tied for seventh place in the smaller comprehensive universities category for schools west of the Mississippi River and placed in the Top 15 in the nation.

Central is a residential university which offers one of the best living programs found anywhere. The accommodations, food and excellent staff provide for a rewarding experience.

Students have outstanding facilities for their learning experiences. More than half of the major campus buildings have been constructed since 1966. The excellent facilities do not stop with new buildings. Central has increased its total number of library holdings to 454,651. And campus technical facilities range from television studies to science laboratories.

The University's 350 acres include 100 classrooms in 21 academic halls and 28 student housing complexes. And Central's faculty has earned a reputation for academic quality and integrity. CWU's faculty are teachers above all else, and they take the time to meet the needs of their students.

Central, which was founded in 1891 with four teachers and 86 students, enjoys a setting convenient to the mountains in one direction and the desert in the other. Only minutes away through the surrounding farm and ranch lands of the Kittitas Valley are some of the best skiing and hunting in the state, as well as national parks, alpine lakes and meadows, wilderness areas and rushing rivers for fishing and floating.

Ellensburg is a small quiet farming and ranching community which likes have a state university in its center.

THUMBNAIL FACTS

Location	Ellensburg, Wa. 98926
Founded	1891
Enrollment	5500
President	Dr. Donald L. Garrity
VP-Academics	Dr. Edward Harrington
Faculty Athletic Representative	Dr. Daryl Basler
Registrar	Louis H. Bovos
Colors	Crimson and Black
Nickname	Wildcats
Stadium	Tomlinson Stadium (4,000)
Pavilion	Nicholson Pavilion (3,200)

University President/Athletic Director

DR. DONALD GARRITY/CWU President

Dr. Donald L. Garrity has been president of Central Washington University since Sept. 1, 1978. He is the University's ninth president.

He came to Central from San Francisco State University where he had been provost and chief academic officer for 12 years. As provost of the California university, he was the chief administrator below the president.

He joined the San Francisco State faculty in 1956 as an assistant professor of sociology. He rose in academic rank to a full professorship and served as chairman of the San Francisco State sociology department for six years.

Dr. Garrity, 58, earned a BA degree from Colorado State University in 1950 and a MA and PhD from the University of Washington in 1953 and 1966, respectively.

A specialist in criminology, Dr. Garrity has served as a consultant to numerous state and community agencies, including the California Department of Corrections and the San Francisco Police Department. He is a member of the American Sociological Association, the American Correctional Association, the Society for the Study of Social Problems and the American Association for Higher Education.

Dr. Garrity has served as chairman of the Council for Presidents and the Evergreen Conference Council of Presidents. He is a member of the Western College Accreditation Commission and is a former member of the Council on Postsecondary Education and the prestigious San Francisco Crime Commission.

Dr. Garrity and his wife Virginia have two grown sons, Michael and Craig.

DR. GARY FREDERICK/Athletic Director

Dr. Gary Frederick is completing his sixth season as CWU's athletic director.

Frederick, 48, has a long affiliation with Central. After graduating from Raymond High School in 1955 where he was all-conference in football, basketball and baseball, he enrolled at CWU.

Frederick lettered in football three years (1956-58) and earned second team all-conference honors in 1957 and first team honors in 1958 at offensive center.

He graduated in 1959 with a bachelor of arts degree in education and later earned a masters in physical education from Central and a doctorate in secondary education from the University of Idaho in 1974.

Frederick coached basketball and baseball at Thorp High School (1959-60); football, basketball and track at Waitsburg High School (1960-63) and football and baseball at Central Kitsap (1963-67) before returning to Ellensburg in 1967.

From 1967 until 1983, he served as an assistant football coach and was head baseball coach from 1968 until 1978 when he resigned to take over the chairmanship of the physical education department.

He gave up the chairmanship of the P.E. department when he was named to succeed Adrian "Bink" Beamer as athletic director in the fall of 1980.

Frederick is CWU's winningest baseball coach. In 11 seasons his teams won 234 games and lost 147 and qualified for the NAIA College World Series in 1968 and 1970.

For the past four seasons, Frederick has also served as CWU's women's basketball coach. This past winter he led the 'Cats to a 16-10 overall record and a fourth-place finish in the district. He was named the district's coach-of-the-year in 1984-85 when he guided Central to a 19-8 record.

MISC.: Born 7-16-37 at Hoquiam. Wife's name is Bobbi. He has three sons, Brooke, 26; Rick, 24, and Rob, 23. Bobbi has two children, Anna, 16, and David, 14. District 1 baseball coach-of-the-year three times (1969, 1970 and 1971).

Assistant Coaches/Trainer

KEITH KELLOGG

Men's Assistant Track Coach

Keith Kellogg is serving as an assistant men's track coach to Spike Arlt this spring while he pursues a master's degree in education.

Kellogg earned two degrees from Seattle Pacific University, graduating in 1984. He was a four-year letterman at SPU, earning MVP honors in 1982. Kellogg, who set a school record in the hammer, was voted the team captain in 1983.

Kellogg graduated from R. A. Long High School in Longview in 1978 where he earned two letters in cross country and wrestling and three in track. In track, he won the Coaches award. Prior to enrolling at SPU, he attended Lower Columbia College.

Misc: Born 7-4-60 at Longview.

KEITH SATTERFIELD

Women's Assistant Coach

Keith Satterfield, 25, joins the Central Washington University track staff this spring while working on a graduate degree at the university.

Satterfield earned a bachelor's degree in education from CWU in 1985. Prior to enrolling at CWU, he attended Wenatchee Valley College.

A 1979 graduate of Kentridge High School in Kent, Satterfield previously served as an assistant tennis and track coach at Eastmont High School.

He earned two letters in football and one each in judo and track at Kentridge. While at Wenatchee Valley, he played tennis and was on the skiing team.

Misc: Born 9-14-60 at Seattle.

GARY SMITH

Athletic Trainer

Gary Smith, an assistant professor of physical education and CWU's athletic trainer since 1968, received a tremendous honor last year when he was inducted into the NAIA Hall-of-Fame.

Smith, 47, is currently the president of the NAIA Athletic Trainers Association. He is also a member of the NAIA Medical Aspects Committee and served as head trainer for the 1984 NAIA College Baseball World Series.

Smith was born July 27, 1938, in Charlevoix, Mich., and graduated from Charlevoix High School in 1956. After a stint in the military, he attended North Central Michigan College earning an associate of science degree in 1962.

He earned a bachelor of science degree from Northern Michigan in 1964 and a masters of science degree from Indiana University in 1965.

He played football and ran track in high school, earning all-conference honors in football. He also lettered in track at Northern Michigan.

Before accepting the position at CWU, he was the head trainer for Punahou High School in Hawaii for three years.

Smith and his wife, Elizabeth, were married in 1961. They have two children, Julie Marie, 22, and Michael Allen, 19.

Men's Track Profiles

JOHN ARLT
5-11, 170, Fr.

Hurdles
Ellensburg

Graduated from Ellensburg High School in 1985. Lettered in football (3) and track (4). Honorable mention all-league safety in football. Captain in track. Ran on state 400 and 1600 relay teams. .Born 2-3-67 at Wenatchee. Brother Richard played football and ran track at CWU. Father ran track at WSU and is CWU track coach.

STEVE BACON
5-7, 124, So.

Distance
Seoul, Korea

Attended high school in Seoul, Korea where father was stationed. Top high school runner in South Korea in 1983. High school bests of 12:38 (2.6 miles), 27:15 (5 miles), 34:32 (10,000 meters) and 1:16:14 (13.1 miles). Korean cross county champion. .Lettered for CWU cross country team freshman season. Best finish of 62nd in Simon Fraser Invitational. Competed but did not letter last fall. Also lettered in track. Finished third in 1985 district marathon (2:42:16). Bests of 16:36.6 in 5,000 and 34:10.0 in 10,000. .Born 10-27-65 at Anniston, Alabama. Communication major. Active in Young Republicans, swing choir and charity fundraising.

JOE BARROW
5-9, 128, Jr.

Distance
San Pedro, Calif.

Graduated from San Pedro in 1982. Lettered in cross country (3) and track (3). .Four-year letter winner in cross country. Finished 29th in 1982 district meet in time of 26:40 and 106th in national meet in time of 26:47. Placed 23rd in 1983 district meet (26:49) and 41st at 1984 district meet (27:37.5). Finished 13th in 1985 district meet (26:14) and 117th (28:08) at nationals. On 1984 track squad. Lettered in 1985, placing fifth in district 10,000 (career best 32:30.4). Best of 15:19.4 in 5000. .Born 11-10-63 at Spokane. Attended Gig Harbor schools. Brother Shawn also CWU cross country and track letterman. Physics major.

SHAWN BARROW
5-7, 130, So.

Steeplechase, Distance
San Pedro, Calif.

Graduated from San Pedro in 1983. Lettered in cross country (4) and track (4). Team captain. .Two-year lettermen in cross country. Placed 25th in 1983 district meet in time of 26:54 and 27th in 1984 district meet in time of 27:06. Did not turn out last fall. .Placed sixth in steeplechase (10:01.5) in 1984 district meet. Redshirted last year. Bests of 1:58.7 in 800, 4:01.2 in 1500, 9:05.9 in 3000, 16:19.1 in 5000 and 10:01.5 in steeplechase. .Born 10-24-64 at Spokane. Computer science major. Attended Gig Harbor schools. Brother Joe also competes for CWU.

STEVE BATOR
6-2, 190, Jr.

Hurdles
Roslyn (Cle Elum)

Graduated from Cle Elum in 1983. Lettered in football (4), basketball (2) and track (4). All Mid-Valley defensive end and Captain and Hustle award winner in football. Captain in basketball. Captain and inspirational award winner in track. On district champion 1600 relay team. Placed second at districts in 330 low hurdles and 110 high hurdles. .Squad member for three years on CWU football team, but hasn't

lettered. . . Lettered in track in 1984. Placed third in 400 hurdles (55.6) and sixth in 110 highs (15.57) at district meet. Has career best of 55.4 in 1984 in 400 hurdles. Redshirted last year. . . Born 2-18-65 at Ellensburg. Physical education and biology major. Plans to teach and coach.

COPE BELMONT
5-9, 150, So.

Distance
Chelan

Graduated from Chelan in 1983. Lettered in track (3). Captain and most points. . . Two-year lettermen in cross country. Finished 59th in District 1 meet in time of 30:21.9 in 1984 and 24th in 1985 in 26:39. Placed 190th at national meet in time of 28:47. CWU Inspirational award winner. Competed in track last year, but didn't letter. Bests of 17:30.0 in 5000 and 34:48.1 in 10,000. . . Born 2-20-65 at Rapid City, S.D. Brother Claton competed in cross country and track at CWU.

CHRIS BURCH
6-1, 160, Sr.

Decathlon, Pole Vault
Yakima (West Valley)

Graduated from West Valley High School in 1981. Lettered in track and cross country. Placed fourth in 400 meters (49.8) at State AA meet. West Valley school record holder. . . Lettered in 1982, 1984 and 1985. Attended YVC in 1983, but did not compete in track. Placed seventh in 1984 district decathlon with 5540 points. Placed third in 1985 decathlon with 5849 points and sixth in district pole vault (13-0). Scored career best 6339 points and placed second at 1985 Willamette Decathlon. . . Born 7-3-63 at Yakima. Business administration major. Married. Wife's name is Jennifer. Daughter Chantell. On President's List at YVC.

CHARLES CHANDLER
6-0, 180, Jr.

Hurdles
Kirkland (Lake Washington)

Graduated from Lake Washington in 1980. Lettered in football (3), basketball (3) and track (3). First team all-league in football and second team all-league in basketball. Qualified for state meet in hurdles. . . Played two seasons of football and competed one year in track at Olympic CC. Second team all-state in football and fourth in state in 110 high hurdles. Was reserve wide receiver for 1984 Wildcat football team. Last fall led the team in receiving with 38 catches for 605 yards and four touchdowns. Ranks fourth on all-time single season list in catches and yards. Second team all-league and honorable mention All-America. Represented CWU at NAIA national track meet last year, reaching second round of 110 high hurdles. Had times of 14.78 and 14.93. Ran 55.2 in 400 hurdles. Career bests of 14.4 and 55.0. Track MVP last year. 1986 Co-Captain. . . Born 2-7-62 at Seattle. Physical education major. Has three brothers and eight sisters. Brother Vernell played football and baseball at CWU in 1960s.

CHARLES CHRISTNACHT
6-1, 165, Sr.

Hurdles
Tacoma (Bellarmine Prep)

Graduated from Bellarmine Prep in 1981. Three-year letterman in track. Placed 18th in state track meet in hurdles. School-record best of 14.8 in highs. . . Three-year letterman. Placed sixth in 110 hurdles at both 1983 (15.53) and 1984 (15.46) district meets. Career bests of 15.1 in 110 hurdles and 56.0 in 400 intermediates. Redshirted last year. . . Born 1-23-63 at Tacoma. Biology major. Plans career in medicine. Sister Barb competed in crew at University of Santa Clara. Interested in skiing and photography.

ART CLARKE
5-10, 155, Jr.

Distance
Ellensburg

Graduated from Ellensburg in 1983. Lettered in cross country (4) and track (4). Co-captain senior season. MVP in cross country junior and senior seasons. Captain senior season. Selected for East-West All-Star cross country race. . . Three-year letterman in cross country. Placed 14th in 1983 NAIA district meet in time of 26:29. Finished sixth in 1984 meet in time of 25:01.2 qualifying for nationals. Finished 55th at nationals in time of 25:55. Fourth in 1985 district meet in 25:29 and 55th at nationals in 27:31. Inspirational award winner in 1983 and 1984. 1985 Honorary captain. Two-year lettermen in track. Placed second at 1985 district meet in 10,000 in 32:00.3. Inspirational award winner. Bests of 4:02.0 in 1500, 8:58.3 in 3000, 15:11.6 in 5000 and 32:00.3 in 10,000. . . Accounting major. Born 8-5-65 at Ellensburg. Mother Bev Farmer played field hockey, basketball, softball and volleyball at CWU.

JOEL CZECH
5-11, 150, Fr.

Steeplechase, Distance
Vancouver (Columbia River)

Graduated from Columbia River in 1983. Lettered in cross country (1) and track (1). Inspirational award winner in both. . . Attended Clark CC 1983-84 and 1984-85, but didn't compete. Earned letter last fall in cross country. Finished 10th in district meet (26:07) and 59th at national meet (27:34). . . Born 4-17-65 at Ellensburg. English major. Plans to teach.

JIMMIE DILLINGHAM
5-8, 160, So.

Sprints
Tacoma (Wilson)

Graduated from Wilson in 1984. Lettered in football (3), wrestling (3) and track (3). All-league, captain and MVP in football. Captain, most improved and MVP in wrestling. Placed seventh in 1983 and fourth at 158 pounds in 1984 State AAA meet. Placed 10th in long jump and seventh in 400 relay in state track. . . Two-year letterman in football. Rushed for 304 yards and four touchdowns frosh season and 471 yards and one touchdown last fall. Lettered in track. Bests of 10.9 in 100 and 22.6 in 200. . . Born 12-24-65 at Oklahoma City, Okla. Has six brothers. Cousin Robert Hardy played for Seattle Seahawks.

MICHAEL ELVIN
5-9, 157, Fr.

Steeplechase, Distance
Tumwater

Graduated from Tumwater in 1985. Lettered in track (4) and cross country (3). Captain and Coaches Award winner in track. Ran one- and two-mile. Captain in cross country. . . Born 12-12-66 at Enumclaw. Representative on student council at Tumwater. Active in Westwood Baptist Church. Education major. Plans to be a teacher.

SEAN FRAWLEY
5-11, 150, Fr.

200, 400
Redmond

Graduated from Redmond in 1985. Lettered in track (3) and cross country (3). . . Born 2-2-67 in California.

TRACY GOFF
6-3, 225, Jr.

Shot Put
Omak (Wenatchee Valley)

Graduated from Omak in 1982. Lettered in football (3), basketball (1) and track (3). Team captain and all-state football. Most improved in basketball. Set school shot put record with put of 55-7. Team captain track. Two-time MVP. . . Played two seasons of football at Wenatchee Valley and competed in one year of track. Two-year starter at offensive guard in football. . . 1985 NAIA District 1 discus champion (career best 153-8) and placed second in shot put (48-9). CWU's only district champion. Bests of 50-2 1/2 in shot. . . Born 9-8-63 at Omak. Math education major.

JOEL GRINDELAND
5-11, 155, Fr.

Pole Vault
Longview (Mark Morris)

Graduated from Mark Morris in 1976. Lettered in football (3) and track (3). . . Attended WSU 1977-78 and Lower Columbia 1983-84, but didn't compete. Served in United States Marine Corps. . . Born 6-27-57 at Idaho Falls, Idaho. Brother Kurt plays for CWU golf team.

GARY GUENTHER
6-6, 215, Fr.

Hurdles, High Jump
Mt. Vernon

Graduated from Mt. Vernon in 1985. Lettered in football (3), basketball (3) and track (4). All-league in football. Played flanker and free safety. Two-time all-league in basketball. Played in all-state series. District champion in track. competed in hurdles and high jump. . . Born 3-6-67 at Seattle. Brother Rick played football and UW & UPS and signed free agent contract with Dallas Cowboys. Father ran track at UW.

MICHAEL HEDWALL
5-10, 170, Fr.

Pole Vault
Camano Island

Graduated from Bellevue in 1981. Lettered in football (3) and track (3). Played strong safety in football. Team captain in track. Competed in high jump, pole vault, hurdles, sprints and relays. . . Attended Bellevue Community College, but didn't compete. Coached at Interlake High School in track for three years. . . Born 7-23-62 at Seattle. Paramedics major.

TIM HYDE
5-8, 140, Jr.

Distances
Seattle (Shorecrest & Bellevue and Shoreline CC)

Graduated from Shorecrest in 1982. Lettered in cross country (4) and track (3). Team captain in cross country. Placed 16th at 1981 state meet. Inspirational award winner in track 1981 and 1982. Wesco League 3200 champ in 1982. . . Attended Bellevue and Shoreline CC. Co-captain in cross country in 1983. Also competed in track. Earned letter last fall in cross country, but wasn't on district or national team. Competed in three meets. . . Born 8-10-64 at Seattle. Physical education major. Active in high school choir. Disc jockey while at Bellevue CC.

GREG HINRICHSEN
6-1, 160, Jr.

Middle Distances
Lynnwood (Edmonds CC)

Graduated from Lynnwood High School in 1977. Lettered in track freshman season only. . .Competed in cross country at Edmonds CC in 1982 and 1983. Two-year letterman in track at CWU. Bests of 53.8 in 400, 1:55.8 in 800 and 4:01.6 in 1500. . .Born 12-27-58 at Boise, Idaho. Law and justice major. Plans to be a lawyer. Honor roll student.

STEVE JACKSON
5-11, 160, Jr.

Distance
Federal Way (Decatur & Highline CC)

Graduated from Decatur in 1983. Lettered in track (2) and cross country (2). Captain in cross country. Set school records in 1600 and mile relay. . .Attended Highline for two years, participating in both sports. Earned CWU letter last fall in cross country. Placed 18th in district meet (26:31), but sprained ankle just before team left for nationals and had to withdraw from meet. . .Born 9-22-64 at Seattle. Computer information major. Has four brothers.

CHARLES LITTLE
6-0, 145, Fr.

Distance
Selah

Graduated from Selah in 1985. Lettered in cross country (4), wrestling (2) and track (2). . .Earned letter last fall in cross country, finishing 27th in district meet (27:31) and 136th in national meet (28:17). . .Born 10-13-66 at San Jose, Calif. Law & justice major. Plans to be a lawyer. Active in Campus Crusade for Christ. Sister Cindy competes in track at Arizona State. Brother Mike wrestled at CWU.

MICHAEL McCLUSKEY
6-1, 155, Jr.

Distance
Kent (Kentrledge & Green River)

Graduated from Kentrledge in 1978. Lettered in track and cross country. . .Attended Green River 1981-82 and 1982-83 school years. Two-year lettermen in track. Inspirational award frosh season and captain sophomore season. Bests of 1:53.9 in 800, 3:57.8 in 1500 and 15:32.0 in 5000. Also lettered and captain in cross country. . .Born 1-17-60 at Renton. Elementary education major. Father Delbert played basketball at Oregon State. Brother Bill played soccer at Green River.

KEN ROSSETTO
6-0, 160, Jr.

Distance
Tacoma (Bellarmino & Green River)

Graduated from Bellarmine Prep in 1982. Lettered in cross country, swimming and track. Most inspirational in swimming. MVP, most inspirational and captain in track. Set school mile record (4:15.9). . .Attended Green River 1982-83 and 1983-84. Competed in both cross country and track. Set school 800 meter record (1:52.4). . .Born 6-21-63 at Seattle. Construction management major. Plans to be building instructor.

MICHAEL ROUSH
6-2, 160, Fr.

Distance
Seattle (Chief Sealth)

Graduated from Chief Sealth in 1984. Did not compete in school sports. . .Born 9-15-66 at Seattle. Physical education major.

MARK SARGENT
5-9, 140, Fr.

Hurdles
Seattle (Tyee)

Graduated from Tyee in 1985. Lettered in track (3) and swimming (1). Also competed in cross country. Most improved in track. Placed fifth in 110 high hurdles at league meet. Captain in swimming. . .Born 10-28-66 at Seattle. Business administration major. Active in student government.

MIKE SPURR
5-9, 150, Sr.

Pole Vault
Kirkland (Juanita & Willamette)

Graduated from Juanita High School in 1982. Lettered in football (1), wrestling (3), golf (2) and track (1). Selected outstanding wrestler two times. . .Competed in wrestling and track one year at Willamette. Two-year track lettermen at CWU. Had best of 13-0 in pole vault, winning event at Western Washington Twilight sophomore year. Vaulted career-best 13-4 to place fourth at 1985 district meet. Also has competed two years wrestling at CWU. . .Born 3-17-64 at Kirkland. Math/PE major.

JON TORRENCE
6-3, 215, Sr.

Shot, Discus
Lynnwood (UW)

Graduated from Lynnwood in 1979. Lettered in football, wrestling and track. All-conference in football. 1978 state shot put and 1979 state discus champion. Second in state shot put in 1979. . .Competed one year at the University of Washington before transferring to CWU. 1982 District discus champion (165-6). Placed eighth at NAIA national meet (158-2). Finished second at district in shot put (47-10 1/2). Returned to school last spring after laying out two years. Placed second in discus (151-11) and third in shot (47-10) at district meet. Career bests of 165-6 in discus and 50-6 in shot, both in 1982 season. . .Born 12-17-60 at Seattle. Business administration major.

JEFF TOYCEN
5-9, 180, Fr.

Sprints
Woodinville (Bothell)

Graduated from Bothell in 1984. Lettered in football (1) and track (2). Also played one year of baseball. Best of 11.4 in 100. . .Born 7-13-66 at Eugene, Ore. Physical education major. Plans to teach and coach. Ski instructor for five years. Also active in church youth group.

DOMINIC URBANO
6-2, 155, Fr.

Distance
Deming (Mt. Baker)

Graduated from Mt. Baker in 1985. Lettered in cross country (4) and track (4). Two-time all-county in cross country. . .Redshirted last fall in cross country. . .Born 7-20-67 at Everett. Communications major. Plans career in television broadcasting.

LARRY VARIN
5-5, 140, So.

Distance
Quincy

Graduated from Quincy in 1980. Lettered in tennis (1). . .Attended Wenatchee Valley College 1980-81 and 1981-82, but didn't compete in sports. . .Born 12-18-61 at St. Paul, Minn. Fitness administration major. Plans career in exercise physiology.

KEVIN WILSON
6-2, 235, So.

Shot Put, Discus
Rochester (Olympic)

Graduated from Rochester in 1983. Lettered in football (3), basketball (3) and track (2). Captain and all-league tackle and linebacker. Also voted to Class A-B all-state football team. Placed fifth in shot put at State Class A meet. Set school records in shot, discus and javelin. . . Played one season of football at Olympic. Squad member in 1984. Started six games at center and two at right tackle last fall on CWU team. Placed sixth in shot put (44-1/4) at 1985 district meet. Career bests of 44-4 in shot and 117-5 in discus. . . Born 6-16-64 at Centralia. Industrial education major. Plans to be wood shop teacher. On high school honor roll junior and senior seasons.

GREG WRICE
5-9, 160, Jr.

Sprints
Seattle (Garfield & BCC)

Graduated from Garfield in 1982. Lettered in basketball and football. All-city guard in basketball. All-Metro receiver and second team all-state in football. . . Attended Bellevue CC 1982-83 through 1984-85 seasons. Placed second in state meet in 100. . . Born 5-31-64 at Seattle. Business management major. Married. Wife's name is Catherine.

Women's Track Profiles

KIM BURKE

5-2, 118, Jr.

Distance

Colville

Graduated from Colville in 1983. Lettered in cross country (4) and track (4). Cross country captain three years. Qualified for state meet four years, placing 10th in 1981 and second in 1982. MVP 1979-82. Most Inspirational 1981 and 1982. Finished seventh in National AAU/USA Jr. Olympic cross country meet. Track MVP 1980, 1981 and 1983. Also won inspirational award all three years. Qualified for state meet in 3200 in 1981, 1600 in 1982 and 1600 and 3200 in 1983. Placed fifth in 3200 in 1983. Best times of 5:20 for 1600 and 11:26 for 3200. Colville HS Female Athlete of the Year 1981 and 1983. . .Placed fifth in 1983 District 1 cross country meet in time of 18:54, qualifying for nationals. Finished 43rd at nationals in time of 19:08. Injury sidelined her in 1984, but came back to place sixth at district (17:54) and ninth at nationals (19:18) to earn All-American honors. Highest national finish ever for CWU woman. Also selected Academic All-American. Placed fifth in 5000 (18:53.8) at 1984 District 1 track meet. Fourth in 3000 (10:20.7) and fifth in 5000 (18:03.0) at 1985 district meet. Posted time of 18:25.2 in 5000 at 1985 national meet, but did not place. Career bests of 2:33.9 in 800, 5:07.3 in 1500, 10:20.7 in 3000, 18:03.0 in 5000 and 42:40.7 in 10,000 . . . Born 6-2-65 at Tacoma. Music education major. Selected to Crimson Cortège, one of the highest academic honors given at CWU.

AMY CARROLL

5-9, 130, Fr.

200, 400

Juneau, Alaska

Graduated from Douglas High School in 1984. Lettered in swimming (4) and track (1). Won state swimming title in 1984. . .Helped CWU to NAIA national swimming title last winter, earning All-American honors in the 50 free and four relays, including national championship in 400 free relay. . .Born 5-1-67 at Juneau. Graphic design major. Active in Art club in high school.

CHRISTINE CLAUSEN

5-9, 160, Fr.

Shot Put, Javelin

Manson

Graduated from Manson in 1985. Lettered in basketball (4), volleyball (3), track (4) and softball. Most improved in track freshman, sophomore and junior seasons. . .Born 4-4-67 at Seattle. Paramedics major. High school activities included M-Club, FFA, FHA, Pep Club, Honor Band, FFA state band and FBLA.

KATIE CROWELL

5-7, 130, Jr.

Long Jump, Triple Jump

Tacoma (Fife)

Graduated from Fife in 1983. Lettered in volleyball (1), soccer (1), basketball (3) and track (4). Captain and Coaches award in basketball. Most improved in soccer. Captain and MVP in track. . .Lettered freshman season. Placed sixth at district in long jump (16-8 1/2). Had best mark of 16-10. Set school best in long jump with leap of 18-4 1/2 last year at UW (March 2). Mark, however, was wind-aided. Placed second in long jump (16-10) at district. Competed at nationals, jumping 16-3, but did not place. Holds school record in triple jump (34-2). . .Born 10-24-64 at Tacoma. Early childhood education major. Active in honor society and Key Club in high school. ASB treasurer two years and secretary one year. Key Club vice-president one year. Brother Tom four-year lettermen in football and track.

DEBBIE DALE
5-10, 145, Fr.

Shot Put, Discus, Javelin
Tumwater

Graduated from Tumwater in 1985. Lettered in track (4) and also competed in cross country. MVP sophomore season. .Born 7-7-67 at Bellevue. Teacher education major. On Barto RHC (Residence Hall Council). High school activities included FBLA, Natural Helpers, student government , Pep Club and cheerleading.

BETTY DAME
5-9, 135, Fr.

Distance
Port Orchard (South Kitsap)

Graduated from South Kitsap in 1984. Lettered in swimming and soccer. Team captain and most inspirational for both sports. .Has competed in swimming for CWU. .Born 2-18-66 at Lancaster, Calif. Elementary education major. Active in German Club, Prep Club and honor society in high school.

TRACY DELORM
5-9, 135, So.

Hurdles
Sequim

Graduated from Sequim in 1982. Lettered in basketball (1) and track (3). Captain, most improved and best defense in basketball. MVP, most improved and captain in track. .Attended Peninsula College two years, but did not participate in sports. Squad member last year, but didn't letter. Bests of 17.7 in 100 hurdles and 75.7 in 400 hurdles. .Born 12-21-63 at Wenatchee. English and elementary education major. Father played semipro baseball in Bellingham. Served as Little League scorekeeper.

MEREDITH DENN
5-7, 145, So.

Sprints
Sumner

Graduated from Sumner in 1983. Lettered in basketball (1) and track (3). Most Improved in basketball and most improved and Coaches Award in track. .On squad in 1984, but didn't letter. Bests of 13.7 (100) and 29.2 (200). Redshirted last year. .Born 7-26-65 at Roseburg, Ore. Pre-dental major. Active in honor society and Spanish Club in high school.

TONI DONISTHORPE
5-9, 145, Sr.

Hurdles
Vancouver (Columbia River)

Graduated from Columbia River in 1982. Lettered in swimming (3) and track (3). .Three-year letterman. Qualified for district in 100 and 400 hurdles freshman season, but did not make finals. Bests of 16.8 and 1:12.3. Had bests of 16.7 and 1:13.8 sophomore season. Bests of 15.9 and 1:09.2 junior season. Honorary co-captain last year. .Physical education major. Born 12-29-63 at Portland. Active in church. Has served as Wildcat cheerleading mascot two years.

CATHY GRAY
5-4, 115, Jr.

400, Hurdles
Gig Harbor

Graduated from Gig Harbor in 1981. Lettered in cross country (2) and track (2). .Attended Fort Steilacoom one year. Did not participate in sports. Qualified for 1983 district meet, but finished third in heat in time of 1:11.41, missing finals. Sat out 1984. Made 400 hurdle finals last year at district, but didn't place. Career bests of 1:09.6 (400 hurdles) and 1:02.5 (400), both in 1983. .Born 6-30-63 in California. Special education major. Father is an airline pilot.

DEBBIE DALE
5-10, 145, Fr.

Shot Put, Discus, Javelin
Tumwater

Graduated from Tumwater in 1985. Lettered in track (4) and also competed in cross country. MVP sophomore season. .Born 7-7-67 at Bellevue. Teacher education major. On Barto RHC (Residence Hall Council). High school activities included FBLA, Natural Helpers, student government, Pep Club and cheerleading.

BETTY DAME
5-9, 135, Fr.

Distance
Port Orchard (South Kitsap)

Graduated from South Kitsap in 1984. Lettered in swimming and soccer. Team captain and most inspirational for both sports. .Has competed in swimming for CWU. .Born 2-18-66 at Lancaster, Calif. Elementary education major. Active in German Club, Prep Club and honor society in high school.

TRACY DELORM
5-9, 135, So.

Hurdles
Sequim

Graduated from Sequim in 1982. Lettered in basketball (1) and track (3). Captain, most improved and best defense in basketball. MVP, most improved and captain in track. .Attended Peninsula College two years, but did not participate in sports. Squad member last year, but didn't letter. Bests of 17.7 in 100 hurdles and 75.7 in 400 hurdles. .Born 12-21-63 at Wenatchee. English and elementary education major. Father played semipro baseball in Bellingham. Served as Little League scorekeeper.

MEREDITH DENN
5-7, 145, So.

Sprints
Sumner

Graduated from Sumner in 1983. Lettered in basketball (1) and track (3). Most Improved in basketball and most improved and Coaches Award in track. .On squad in 1984, but didn't letter. Bests of 13.7 (100) and 29.2 (200). Redshirted last year. .Born 7-26-65 at Roseburg, Ore. Pre-dental major. Active in honor society and Spanish Club in high school.

TONI DONISTHORPE
5-9, 145, Sr.

Hurdles
Vancouver (Columbia River)

Graduated from Columbia River in 1982. Lettered in swimming (3) and track (3). .Three-year letterman. Qualified for district in 100 and 400 hurdles freshman season, but did not make finals. Bests of 16.8 and 1:12.3. Had bests of 16.7 and 1:13.8 sophomore season. Bests of 15.9 and 1:09.2 junior season. Honorary co-captain last year. .Physical education major. Born 12-29-63 at Portland. Active in church. Has served as Wildcat cheerleading mascot two years.

CATHY GRAY
5-4, 115, Jr.

400, Hurdles
Gig Harbor

Graduated from Gig Harbor in 1981. Lettered in cross country (2) and track (2). .Attended Fort Steilacoom one year. Did not participate in sports. Qualified for 1983 district meet, but finished third in heat in time of 1:11.41, missing finals. Sat out 1984. Made 400 hurdle finals last year at district, but didn't place. Career bests of 1:09.6 (400 hurdles) and 1:02.5 (400), both in 1983. .Born 6-30-63 in California. Special education major. Father is an airline pilot.

COLLETTE RODDEWIG
5-6 1/2, 140, Fr.

High Jump, Long Jump
Fall City (Mount Si)

Graduated from Mount Si in 1985. Lettered in soccer (3), basketball (1) and track (4). Captain in track and state alternate in high jump junior and senior years. High point award winner sophomore season. Captain in soccer. . .Born 9-29-67 at Seattle. Business major. Brother Curt former CWU golfer. Cousin Julie Lorang ex-CWU swimmer. Cousin Mark Campbell played soccer at Humboldt State. High school activities included honor society, Spanish Club, Science Club, Mu Alpha Theta and church youth choir. Had perfect attendance for seven years.

MOLLY STAVIK
6-0, 160, Fr.

Discus
Deming (Mt. Baker)

Graduated from Mt. Baker in 1985. Also attended Palmer, Alaska HS. Lettered in track (2). Ranked fifth in Alaska. Best of 111-3 in discus. Also played basketball. . .Born 9-1-67 at Anchorage. Business administration major. Active in choir.

LESLIE TYSSSELING
5-6, 115, Fr.

Middle Distance
Everett (Cascade)

Graduated from Cascade in 1985. Lettered in cross country (4) and track (4). Also played basketball. Most improved in cross country. . .Born 1-14-67 at Honolulu. Accounting major. High school activities included honor society and ASB.

MARY JO VENEZIANI
5-5, 125, Fr.

Distance
Bellevue (Newport)

Graduated from Newport (Bellevue) in 1985. Lettered in track and softball. . .Born 1-14-67 at Washington, D.C. Child psychology major. Edited school magazine in high school.

ANGELA WRIGHT
5-8, 120, So.

Long Jump, Sprints
Agana, Guam

Graduated from George Washington High School in Guam 1982. Lettered in basketball (3) and track (1). MVP, All-Island and All-Far East tournament. MVP and set island records in long jump and 200 meters. . .Played basketball at Mars Hill College (North Carolina) 1982-83 and 1983-84. Averaged 3.2 points and 3.8 rebounds for CWU JVs last winter. . .Born 11-21-63 in Missouri. Graphics design major. High school activities included honor society, music, student council, International Club and church.

DENISE ZERR
5-11, 160, Sr.

Discus, Shot Put
Kent (Kent-Meridian & Green River)

Graduated from Kent-Meridian in 1981. Lettered in basketball, volleyball, softball and track. . .Attended Green River two years and Hawaii Pacific one year. Played two years of volleyball, track and basketball at Green River and one year of basketball at Hawaii Pacific. Played for CWU JV basketball team last winter. On squad last year, but didn't letter. Best of 30-10 in shot put. . .Born 7-20-62 at San Jose, Calif. Physical education major.

Qualifying Standards

NATIONAL QUALIFYING

Event	Men	Women
100	10.5	12.0
200	21.4	24.7
400	47.8	56.5
800	1:51.3	2:15.4
1500	3:50.5	4:41.6
Steeplechase/3000	9:17.1	10:17.0
5000	14:38.7	17:55.0
10,000	30:30.0	37:30.0
Marathon	2:31:00	3:30:00
10,000 Walk	51:30.0	
110/100 Hurdles	14.4	14.6
400 Hurdles	52.4	64.4
4x100 Relay	41.6	48.4
4x400 Relay	3:15.3	3:54.5
800 Medley Relay		1:47.9
Shot Put	54-3 1/4	42-6
Discus	160-0	137-4
Javelin	201-0	136-11
Hammer	170-0	
Pole Vault	15-6 1/2	
High Jump	6-10 3/4	5-6
Long Jump	23-9 1/2	18-5 1/4
Triple Jump	48-7 1/4	36-0

DISTRICT QUALIFYING

Event	Men	Women
100	11.1	13.0
200	22.7	26.8
400	50.5	61.0
800	1:57.5	2:21.0
1500	3:58.0	4:50.0
Steeplechase/3000	10:03.0	10:45.0
5000	15:20.0	18:45.0
10,000	34:00.0	43:00.0
110/100 Hurdles	15.8	17.4
400 Hurdles	57.5	71.0
Shot Put	44-0	34-0
Discus	135-0	110-0
Javelin	175-0	120-0
Hammer	125-0	
Pole Vault	13-0	
High Jump	6-2	5-1
Long Jump	21-6	16-6
Triple Jump	43-6	30-0

Note: Above times are hand-held. Add .24 seconds for 100, 200 and 100/110 Hurdles. Add .14 for all other running events.

Men's 1985 Review

DATE	MEET	CWU WINNERS
March 2	UW Developmental	None
March 9	Salzman Relays	110 HH - Chandler 15.5
March 16	UPS Invitational	4x100 - CWU 43.3; 100 - Hasty 10.9; 400 Hurdles - Chandler 57.1; 5000 - Sturgeon 15:06.8.
Mar. 29-30	Willamette Decathlon	None
April 5	CWU Invitational	PV - Burch 13-0; 1500 - Pace 4:11.6; 110 HH - Chandler 14.8; Discus - Torrence 149-8; Jav - Signett 161-9; 400 Hurdles - Chandler 58.5; 5000 - Dudley 16:03.4; TJ - Crowell 44-10 1/2.
April 13	WWU Invitational	110 HH - Chandler 14.9; SP - Goff 48-8
April 20	CWU Invitational	400 Hurdles - Chandler 56.4
April 27	UPS Shotwell	LJ - Crowell 22-0; 10,000 - Clarke 32:11.1; SP - Torrence 46-5; Discus - Torrence 143-8; 100 - Dillingham 11.0.
April 27	UW Invitational	110 HH - Chandler 14.92
May 4	YVC Fruitbowl	SP - Goff 50-2 1/2; 400 Hurdles - Chandler 55.0.
May 10-11	District	Disc - Goff 153-8

TEAM SCORES

YVC Fruitbowl (May 4) - CWU 100 1/2, Mt. Hood 98 1/2, Highline 98, Yakima Valley 75, Green River 70, Bellevue 69, Linn-Benton 20, Edmonds 8, Blue Mountain 6, Gonzaga 6, Everett 4.

District (May 10-11 at Burnaby) - Western Washington 206, Pacific Lutheran 150, Simon Fraser 128, Central Washington 96 1/2, Puget Sound 55 1/2, Whitworth 53, Whitman 21, The Evergreen State 1.

DISTRICT 1 (MAY 10-11 AT BURNABY)

CWU placers: Marathon - 3. Steve Bacon 2:42:16; Decathlon - 3. Chris Burch 5849; 10,000 - 2. Art Clarke 32:00.3, 3. Bruce Dudley 32:07.1, 5. Joe Barrow 32:30.4; Discus - 1. Tracy Goff 153-8, 2. Jon Torrence 151-11; Long Jump - 4. Tom Crowell 21-11 3/4; 400 - 6. Kirk Mason 49.89; 800 - 6. Tom Hochstatter 1:56.7; 1500 - 2. Mike Pace 3:54.05; 110 High Hurdles - 2. Charles Chandler 14.96; 400 Hurdles - 5. Charles Chandler 56.6; 4x100 Relay - 4. CWU 43.66; 4x400 - 5. CWU 3:23.15; Shot Put - 2. Tracy Goff 48-9, 3. Jon Torrence 47-10, 6. Kevin Wilson 44-1/4; 6. Brian Bailey 6-1; Pole Vault - 4. Mike Spurr 13-4, 6. Chris Burch 13-0.

District Champions

Running Events: Marathon, Jim Cairns, UPS, 2:28:04; 100, Mike Moore, Whitworth, 11.08; 200, Fred Pulphus, WWU, 22.15; 400, Fred Pulphus, WWU, 48.36; 800, Russ Cole, PLU, 1:52.78; 1500, Russ Cole, PLU, 3:53.86; 3000 Steeplechase, Kevin Cathcart, Whitman, 9:23.4; 5000, Mike Maraun, SFU, 14:44.9; 10,000, Jim Cairns, UPS, 31:35.8; 10,000 Walk, Allen James, WWU, 47.18.9.

Hurdles: 110 High Hurdles, Brian Bertsch, PLU, 14.81; 400 Intermediate Hurdles, Rand Clement, SFU, 53.64.

Relays: 4x100 Relay, Whitworth (Moore, Miller, Walyor, Latimer) 42.43; 4x400 Relay, Simon Fraser (Clement, Dawson, Witte, Thola) 3:18.65.

Weight Events: Decathlon, Jeff Neubauer, WWU, 6399; Hammer, Harold Willers, SFU, 216-10; Discus - Tracy Goff, CWU, 153-8; Javelin, Craig Stelling, PLU, 207-0; Shot Put, Kim Nix, WWU, 49-5.

Jumping Events: Long Jump, Tim Horst, WWU, 22-5 1/2; High Jump, Kurt Hanson, WWU, 6-7; Pole Vault, Mike McQuaid, SFU, 15-0; Triple Jump, Peder Trelstad, PLU, 46-2 3/4.

NAIA NATIONALS (MAY 23-25 AT HILLSDALE, MICH.)

110 High Hurdles - Charles Chandler 14.78, 14.93 (dnp); 400 Intermediate Hurdles - Charles Chandler 55.2 (dnp); 1500 - Mike Pace 4:01.0 (dnp).

1985 CWU BEST MARKS

Running Events: 100 - James Hasty 10.8 (4-5); 200 - James Hasty 22.4 (4-13); 400 - Kirk Mason 49.89 (5-11); 800 - Mike Pace 1:54.1 (5-4); 1500 - Mike Pace 3:54.05 (5-11); Steeplechase - Stuart Fleck 11:06.0 (4-5); 5000 - Art Clarke 15:11.6 (5-11); 10,000 - Art Clarke 32:00.3 (5-10); Marathon - Steve Bacon 2:41:17 (2-23).

Hurdles: 110 High Hurdles - Charles Chandler 14.4 (5-4); 400 Hurdles - Charles Chandler 55.0 (5-4).

Relays: 400 Relay - Central 43.3 (3-16); 1600 Relay - Central 3:23.15 (5-11).

Weight Events: Shot Put - Tracy Goff 50-2 1/2 (5-4); Discus - Tracy Goff 153-8 (5-10); Javelin - Hal Signett 174-2 (5-11); Hammer - Jon Torrence 97-11 1/4 (4-13).

Jumping Events: Pole Vault - Mike Spurr 13-4 (5-11); High Jump - Brian Bailey 6-4 (4-22); Long Jump - Tom Crowell 22-7.5 (4-13); Triple Jump - Tom Crowell 45-0 (4-20).

1985 AWARD WINNERS

Captain	Joe Imhof & Tom Crowell
Inspirational	Art Clarke
MVP	Charles Chandler

Letter winners - Ken Cadieux (4), Bruce Dudley (4), Tom Crowell (4), Mike Pace (2), Joe Imhof (3), Chris Burch (3), Michael Powell (3), Art Clarke (2), Greg Hinrichsen (2), Kevin Kruckenberg (2), Mike Spurr (2), Jon Torrence (2), Steve Bacon, Brian Bailey, Joe Barrow, Charles Chandler, Jimmie Dillingham, Tracy Goff, Juan Griffin, James Hasty, Tom Hochstatter, Kirk Mason, Hal Signett, Kevin Wilson.

Women's 1985 Review

DATE	MEET	CWU WINNERS
March 2	UW Developmental	None
March 9	Salzman Relays	LJ - Crowell (17-1/4)
March 16	UPS Invitational	HJ - Munger (5-2)
March 23	EWU Open (Richland)	None
March 30	UW Invitational	None
April 5	CWU Invitational	Disc - Cundiff (113-5), LJ - Crowell (17-8 1/2), TJ - Crowell (34-2)
April 13	WWU Invitational	TJ - Crowell (32-10 1/4)
April 20	CWU Invitational	HJ - Munger (5-0), LJ - Crowell (17-6 1/2), TJ - Crowell (33-10 1/2)
April 27	UPS Shotwell	5000 - Burke (18:20.8)
April 27	UW Invitational	None
May 4	YVC Fruitbowl	Jav - Olin 117-7
May 10-11	District	None

TEAM SCORES

YVC Fruitbowl (May 4) - Yakima Valley 98, Green River 94 1/2, Mt. Hood 83, Bellevue 68, Central Washington 61, Linn-Benton 45, Blue Mountain 14 1/2, Tacoma 10, Everett 6, Edmonds 4.

District (May 10-11 at Burnaby) - Pacific Lutheran 185, Western Washington 178, Puget Sound 115, Simon Fraser 71, Central Washington 34, Whitman 32, Whitworth 16, TESC 6, Gonzaga 1.

DISTRICT 1 (MAY 10-11 AT BURNABY, B.C.)

CWU placers: 3000 - 4. Kim Burke 10:20.7; 800 Medley Relay - 5. CWU 1:58.8; 4x800 Relay - 5. CWU 10:26.0; Discus - 4. Heidi Cundiff 112-8, 5. Jackie Conn 111-10; Long Jump - 2. Katie Crowell 16-10; High Jump - 3. Karen Munger 5-3; 5000 - 5. Kim Burke 18:03.0; 4x100 Relay - 5. CWU 52.6; 4x400 Relay - 6. CWU 4:24.3; Shot Put - 6. Jackie Conn 35-1 3/4.

District Champions

Running Events: 100, Lola Johnston, WWU, 12.87; 200, Lola Johnson, WWU, 26.14; 400, Carrie McCarthy, SFU, 56.59; 800, Denise Stoaks, PLU, 2:16.01; 1500, Denise Stoaks, PLU, 4:36.38; 3000, Genevie Pfueller, WWU, 17:17.0; 5000, Genevie Pfueller, WWU, 17:17.0; 10,000, Dana Stamper, PLU, 37:26.3; Marathon, Sherry Clark, PLU, 3:16.54.

Hurdles: 100 Hurdles, Celina Owen, SFU, 15.03; 400 Intermediates, Jill Burger, UPS, 1:02.33.

Relays: 4x100, Western Washington (Steilberg, Holly, Miller, Johnston) 49.89; 4x400, Western Washington (Massey, Steele, Miller, Johnston) 3:56.59; 800 Medley, Western Washington (Steilberg, Holly, Johnston, Miller) 1:48.4; 4x800, Pacific Lutheran (Wilkins, Ryan, Hilden, Stoaks) 9:13.5.

Weight Events: Shot Put, Katherine Kernodle, WWU, 40-10 1/4; Discus, Duffer Heilers, UPS, 128-0; Javelin, Karen Murray, SFU, 140-0; Heptathlon, Jill Burgher, UPS, 4308.

Jumping Events: High Jump, Denise Bruce, PLU, 5-5; Long Jump, Jill Burgher, UPS, 17-4.

NAIA NATIONALS (MAY 23-25 AT HILLSDALE, MICH.)

Long Jump - Katie Crowell 16-3 (dnp); 5000 - Kim Burke 18:25.2 (dnp).

1985 CWU BEST MARKS

Running Events: 100 - Cindy Dorrough 13.1 (3-16), Cheryl Leidel 13.1 (4-5), Katie Crowell 13.1 (4-20); 200 - Cindy Dorrough 27.5 (3-16); 400 - Cheryl Leidel 62.6 (5-4); 800 - Arlene Wade 2:31.0 (5-11); 1500 - Kim Burke 5:07.3 (4-20); 3000 - Kim Burke 10:20.7 (5-10); 5000 - Kim Burke 18:03.0 (5-11); 10,000 - Kim Burke 42:40.7 (3-2); Marathon - No performance.

Hurdles: 100 High Hurdles - Toni Donisthorpe 15.9 (4-13); 400 Hurdles - Toni Donisthorpe 69.2 (4-27).

Relays: 400 Relay - 52.6 (5-11); 800 Medley - 1:58.8 (5-10); 1600 Relay - 4:23.2 (4-13); 3200 Relay - 10:26.0 (5-10).

Weight Events: Shot Put - Jackie Conn 35-1 3/4 (5-11); Discus - Heidi Cundiff 113-5 (4-5); Javelin - Donna Olin 119-8 (3-2).

Jumping Events: High Jump - Karen Munger 5-4 (5-4); Long Jump - Katie Crowell 18-4 1/2(w) (3-2); Triple Jump - Katie Crowell 34-2.

1985 AWARD WINNERS

Captain	Katie Crowell & Toni Donisthorpe
Inspirational	Kim Burke
MVP	Katie Crowell

Letter winners- Toni Donisthorpe (3), Katie Crowell (2), Kim Burke (2), Karen Munger (2), Jackie Conn (2), Arlene Wade (2), Cathy Gray (2), Cheryl Leidel (2), Heidi Cundiff, Annie Hall.

Men's Track and Field Records

SCHOOL RECORDS

100	10.21	John Willis (1979)
200	21.0	Steve Slavins (1972), Jim Kjolso (1965)
400	47.1	Jim Hay (1967)
800	1:49.6	Bob Barto (1968)
1500	3:45.81	Rob Schippers (1983)
3000	8:18.4	Paul Harshman (1984)
5000	14:10.6	Mark Brown (1978)
10,000	29:41.50	Paul Harshman (1984)
Marathon	2:24.31	John Freeburg (1980)
3000 Steeplechase	8:55.91	Lou Boudreaux (1977)
110 High Hurdles	14.3	John Kirry (1969)
400 Intermediate Hurdles	51.5	John Kirry (1968)
400 Relay	40.9	Steve Slavens, Bob Knies, Mike Behrbaum, Dave Walker (1972)
1600 Relay	3:11.5	Paul Wallace, Bob Barto, Steve Shireman, Jim Hay (1968)
Javelin	241-11	Dick Bedlington (1970)
Discus	180-8	Mitch Ringe (1975)
Shot Put	58-2	Bill Harsh (1973)
Hammer	166-1	Henry Middles (1978)
Decathlon	6569	Greg Emry (1971)
Pole Vault	15-6	John Winters (1978)
High Jump	6-10	Eric Schultz (1968)
Long Jump	25-1 3/4	Dave Walker (1970)
Triple Jump	49-5	Darrell Charles (1970)

TOMLINSON STADIUM RECORDS

100	10.5	Wayne Sweet, CWU (1982), Tony Eddings, EOSC (1982); Mike Moore, Whitworth (1985)
200	21.92	John Kaay, Simon Fraser (1984)
400	47.84	John Kaay, Simon Fraser (1984)
800	1:53.2	Dan Winger, Club Northwest (1981)
1500	3:52.2	Rob Schippers, CWU (1983)
5000	14:42.10	Paul Harshman, CWU (1984)
10,000	30:34.7	Don Stearns, Eastern Oregon (1982)
Steeplechase	9:19.2	Bob Prather, CWU (1983)
110 High Hurdles	14.53	Don Erickson, Puget Sound (1984)
400 Intermediates	53.9	Kevin Frandson, EWU (1983)
400 Relay	41.86	Simon Fraser (Lock, Tyler, Devlin, Kaay; 1984)
1600 Relay	3:15.08	S. Fraser (Clarke, Tyler, Devlin, Kaay; 1984)
Javelin	245-4	Drew Stevick, Whitworth (1969)
Discus	201-1	John Bakkenson, Portland Track Club (1971)
Shot Put	57-2	Terry Livermore, Portland (1969); Bruce Anderson, EWU (1983)
Hammer	211-7	Dwight Middles, unattached (1978)
Pole Vault	15-6	Eldon Colombo, unattached (1971)
High Jump	7-0	Bob Peterson, Idaho (1979)
Long Jump	24-5 1/2	Dave Walker, CWU (1970)
Triple Jump	51-0	Dave White, EWU (1979)
Decathlon	6743	Don Erickson, UPS (1984)

CWU ALL-TIME TOP 10s

100 Meters

1. John Willis (1979)	10.21
2. Jim Kjolso (1955)	10.3
3. Don Pierce (1955)*	10.4w
Tom Buckner (1964)	10.4w
5. Dennis Esser (1967)	10.5
Tom Lines (1970)	10.5
Steve Slavens (1971)	10.5
Joe Evans (1968)	10.5
Wayne Sweet (1982)	10.5
Pat Fitterer (1975)*	10.5w
Mike Behrbaum (1972)	10.5w
Glen Walker (1964)*	10.5

*Best legal marks - Pierce 10.5, Fitterer 10.6, Walker 10.6.

200 Meters

1. Jim Kjolso (1965)	21.0
Steve Slavens (1972)	21.0
3. Fred Bieber (1965)	21.1
4. Dennis Esser (1967)	21.2
5. Joe Evans (1967)	21.4
Tom Lines (1970)	21.4
7. John Doncaster (1962)	21.5
8. Tom Buckner (1983)	21.7
Dave Walker (1971)	21.7
John Beard (1968)	21.7

400 Meters

1. Jim Hay (1967)	47.1
2. Tim Hart (1980)	47.37
3. Dave Walker (1971)	47.3
4. Jim Brunaugh (1966)	48.3
5. Bob Knies (1972)	48.6
Paul Wallace (1968)	48.6
Steve Shireman (1968)	48.6
8. Dave Swisher (1971)	48.7
9. Roy Nail (1970)	48.8
Bart Barto (1967)	48.8
Tony Clark (1963)	48.8
Brian Heyntzen (1978)	48.8

Wallace ran a 47.9 and Nail ran a 48.1 in relays.

800 Meters

1. Bart Barto (1968)	1:49.6
2. Jim Boora (1967)	1:50.3
3. Rob Schippers (1983)	1:52.2
4. Vince Konigsberger (1972)	1:52.3
5. Bob Bullis (1972)	1:53.7
6. Bob Prather (1982)	1:53.8
7. Mike Veak (1963)	1:54.0
8. Mike Pace (1985)	1:54.1
9. Connie Englund (1966)	1:54.3
10. Jim Perry (1975)	1:54.7

1500 Meters

1. Rob Schippers (1982)	3:45.81
2. Jim Hennessy (1977)	3:51.2
3. Mark Brown (1978)	3:51.9
4. Conny Englund (1966)	3:53.7
5. Mike Pace (1985)	3:54.05
6. Mark Henry (1967)	3:55.0
7. Mike Anderberg (1977)	3:55.6
8. Paul Harshman (1984)	3:56.6
9. Dale King (1982)	3:58.3
10. Phil Phimister (1981)	3:58.9

3000 Meters

1. Paul Harshman (1984)	8:18.4
2. Jim Hennessy (1977)	8:22.9
3. Mark Brown (1978)	8:25.5
4. John Freeburg (1980)	8:32.8
5. Sam Ring (1968)	8:35.5
6. Mark Henry (1968)	8:35.7
7. Neil Sturgeon (1985)	8:35.8

5000 Meters

1. Mark Brown (1978)	14:10.6
2. Paul Harshman (1984)	14:20.0
3. Jim Hennessy (1976)	14:22.6
4. Dale King (1983)	14:25.59
5. Mark Henry (1967)	14:32.8
6. John Freeburg (1980)	14:35.5
7. Bruce Manclark (1976)	14:39.0
8. Ted Mittelstaedt (1982)	14:41.6
9. Phil Phimister (1981)	14:42.4
10. Kent Hernandez (1980)	14:52.8

10,000 Meters

1. Paul Harshman (1984)	29:41.50
2. Phil Phimister (1981)	29:46.5
3. John Freeburg (1981)	30:29.0
4. Jim Hennessy (1977)	30:32.0
5. Paul Harshman (1982)	30:47.0
6. Kent Hernandez (1980)	30:50.0
7. Sam Ring (1969)	31:02.6
8. Mike Wold (1977)	31:06.4
9. Ted Mittelstaedt (1982)	31:17.0
10. Terry Kelly (1969)	31:45.6

400 Meter Relay

1. 1972	40.9
2. 1966	41.0
1970	41.0
4. 1967	41.4
5. 1968	41.6
1965	41.6
1971	41.6
8. 1969	41.7
9. 1964	42.0
10. 1974	42.2
1978	42.2

Steeplechase

1. Lou Boudreaux (1977)	8:55.91
2. Terry Kelly (1971)	9:00.8
3. Mike Wold (1977)	9:14.1
4. Bob Prather (1983)	9:19.0
5. Conny Englund (1983)	9:20.8
6. Mark Henry (1967)	9:22.2
7. Ted Mittelstaedt (1980)	9:23.9
8. Dale Shea (1970)	9:24.0
9. Al Wells (1971)	9:26.7
10. Bill Ardissono (1975)	9:26.8

1600 Meter Relay

1. 1968	3:11.5
2. 1967	3:12.0
3. 1970	3:12.7
4. 1966	3:15.5
5. 1971	3:16.7
6. 1963	3:16.8
7. 1975	3:17.0
8. 1964	3:18.9
9. 1974	3:19.5
10. 1969	3:19.7

110 Meter High Hurdles

1. John Kirry (1969)	14.3
2. Jay Lane (1964)	14.4
Charles Chandler (1985)	14.4
Dean Erickson (1977)	14.4
Nate Worswick (1974)	14.4
Gary Hollins (1978)*	14.4w
6. Rick Conroy (1966)	14.6
7. Chuck Hagstrom (1976)	14.7
Bill Freeburg (1975)	14.7
Steve Berg (1972)	14.7
Len Lloyd (1964)	14.7w

High Jump

1. Eric Schultz (1978)	6-10
2. Dave Hegland (1975)	6-9 1/4
3. Dan Smith (1981)	6-9
4. Alan Taylor (1980)	6-8
Mike Boland (1977)	6-8
6. Rick Conroy (1969)	6-6 1/2
7. Ron Smithwick (1968)	6-6
Ken Chelin (1967)	6-6
Ed Davis (1970)	6-6
Gregg Arlt (1979)	6-6
Jack McMaster (1980)	6-6

*Hollins best legal mark 14.8

400 Intermediate Hurdles

1. John Kirry (1968)	51.5
2. Mike Behrbaum (1972)	52.5
3. John McKibbin (1969)	52.7
4. Len Lloyd (1965-1966)	53.7
5. Reed Caudle (1976)	54.2
6. Kyle Peer (1979-80)	54.5
Tom Clark (1975)	54.5
8. Wayne Tegan (1974)	54.8
9. Steve Berg (1972)	54.9
10. Charles Chandler (1985)	55.0

Long Jump

1. Dave Walker (1970)	25-1 3/4
2. Ray Colombo (1971)	24-0
3. Marty Rose (1970)	23-11 1/2
4. Dick Knight (1962)	23-7
5. Mike Behrbaum (1971)	23-5 1/2
6. Tim Guglomo (1972)	23-3 1/2
7. Jeff Hocker (1977)	23-2
8. Jim Kjolso (1965)	23-1 1/2
Darrell Charles (1980)	23-1 1/2
10. Dick Johnson (1967)	23-1/4

Triple Jump

1. Wayne Sweet (1982)*	49-7w
2. Darrell Charles (1980)	49-5
3. Bill Lampe (1976)	48-10 1/4
4. Jeff Frederick (1978)	48-2
Dave Walker (1970)	48-2
6. Pierre Crockrell (1984)	47-9 1/2
7. Craig Jones (1974)*	47-5 1/2w
8. Gregg Arlt (1978)	47-3
9. Tom Crowell (1984)	46-8
10. Tim Giglomo (1972)	46-4 1/4

*Best legal jumps - Sweet 48-5 1/2,
Jones 46-2 1/2.

Pole Vault

1. John Winters (1978)	15-6
2. Ray Payne (1972)	15-0
3. Dick Clintworth (1967)	14-10 3/4
4. Gene Triplett (1965)	14-8
5. Jack Curtright (1963)	14-7 1/2
6. Mike Boland (1977)	14-6
Les Harmon (1968)	14-6
Dave Morris (1971)	14-6
Ken Jannison (1971)	14-6
10. Ron Mead (1966)	14-4
Dave Brooks (1975)	14-4

Decathlon

1. Greg Emry (1971)	6569
2. Chris Burch (1985)	6339
3. Gary Zasimovich (1975)	6071
4. Ken Cadieux (1984)	5659
5. Tim Clarke (1975)	5526

Shot Put

1. Bill Harsh (1973)	58-2
2. Bob Santo (1968)	55-0
3. Mike Williams (1971)	53-7 1/2
4. Clay Baskett (1965)	52-6 1/2
5. Dick Nunez (1977)	52-6
6. John Kinnard (1971)	52-2 1/2
7. Mike Daniels (1976)	52-1 1/2
8. Kay Lybbert (1962)	51-8 3/4
9. Jon Torrence (1982)	50-6
10. Bill Jurgens (1954)	50-3 3/4

Discus

1. Mitch Ringe (1975)	180-8
2. Bill Harsh (1973)	176-0
3. Mike Daniels (1977)	172-11
4. Mike Williams (1971)	168-7
5. Jon Torrence (1982)	165-6
6. Ray Kinnaman (1961)	164-0
7. Dan Smith (1971)	161-8
8. Larry Warwick (1966)	161-4
9. Bill Jurgens (1953)	161-2
10. Gordy Stenerson (1964)	158-10

Hammer

1. Henry Midles (1978)	166-1
2. Bill Harsh (1973)	163-1
3. John Gruver (1975)	156-10
4. Dave Barta (1984)	156-7
5. Rick Wells (1975)	149-4
6. Scott Londino (1984)	146-2
7. Scott Drummond (1979)	144-3
8. Brian Midles (1972)	139-11
9. Dick Vibbert (1980)	128-8

Javelin

1. Dick Bedlington (1970)	241-11
2. Fred Andrew (1968)	241-5
3. Dave Andrews (1977)	233-10
4. Lars Lahdenpers (1966)	227-0
5. Wayne Worby (1968)	226-9
6. John Karas (1964)	225-4
7. Mike Hamilton (1976)	217-1
8. Gary Correll (1958)	216-11
9. Jim Hunter (1970)	214-10
10. Greg O'Meara (1970)	214-1

CWU DISTRICT CHAMPIONS

100 Meters

1968	John Beard	10.7
1979	John Willis	11.1
1981	George Steele	11.0

100 Yards

1953	Ray Adams	10.3
1963	Glen Walker	9.9
1964	Glen Walker	9.9
1965	Jim Kjolso	9.6
1966	Jim Kjolso	9.7
1971	Steve Slavens	9.8
1974	Pat Fitterer	10.1
1975	Pat Fitterer	9.6

200 Meters

1968	Joe Evans	21.6
1979	John Willis	22.5

220 Yards

1963	Tom Buckner	21.8
1964	Tom Buckner	22.1
1965	Jim Kjolso	21.4
1966	Jim Kjolso	21.8
1967	Dennis Esser	21.7
1972	Steve Slavens	21.1

400 Meters

1968	Jim Hay	48.1
1979	Tim Hart	48.5
1980	Tim Hart	48.2

440 Yards

1962	Jim Mecklenburg	50.8
1963	Tony Clark	49.5
1967	Jim Hay	47.3
1974	Jim Noren	49.3

800 Meters

1968	Bart Barto	1:50.9
------	------------	--------

880 Yards

1958	Mike Higgins	1:59.0
1962	Dave Brown	1:57.8
1963	Mike Veak	1:54.6
1965	Jim Boora	1:54.0
1966	Jim Boora	1:52.2
1967	Jim Boora	1:51.2
1971	Steve Weller	1:59.2
1972	Bob Bullis	1:56.8

1500 Meters

1982	Rob Schippers	3:54.0
1983	Rob Schippers	3:50.34

Mile

1966	Connie Englund	4:15.8
1967	Connie Englund	4:14.6
1972	Paul Slichter	4:25.0

Two Miles

1958	Larry Hinch	10:16.6
------	-------------	---------

5000 Meters

1977	Toby Suhm	15:13.5
1979	Toby Suhm	15:21.4
1980	Phil Phimister	14:52.4
1981	John Freeburg	15:08.5
1982	Ted Mittelstaedt	14:41.6
1983	Dale King	14:42.8
1984	Paul Harshman	14:42.10

Three Miles

1967	Mike Henry	14:07.4
------	------------	---------

10,000 Meters

1979	Toby Suhm	33:12.5
1980	Phil Phimister	30:24.8
1981	Phil Phimister	30:59.4

Six Miles

1967	Sam Ring	30:16.1
1968	Sam Ring	32:10.1

Marathon

1980	John Freeburg	2:24:33
------	---------------	---------

Steeplechase

1971	Terry Kelly	10:05.1
1977	Mike Wold	9:23.8

110 Meter High Hurdles

1977	Dean Erickson	14.8
1978	Dean Erickson	15.0

120 Yard High Hurdles

1963	Jay Lane	14.5
1964	Jay Lane	15.1
1972	John Mobray	15.5

220 Yard Hurdles

1963	Jay Lane	24.4
------	----------	------

400 Meter Intermediate Hurdles

1968	John Kirry	53.1
------	------------	------

440 Yard Intermediate Hurdles

1963	Len Lloyd	55.1
1964	Len Lloyd	54.4
1966	Len Lloyd	54.2
1967	Bob Metzger	55.7
1972	Mike Behrbaum	53.4
1974	Wayne Tegan	53.5
1975	Tom Clark	55.3

400 Meter Relay

1981	Central	44.1
------	---------	------

440 Yard Relay

1965	Central	41.8
1966	Central	42.3
1967	Central	41.6
1968	Central	41.9
1971	Central	43.4
1972	Central	41.2
1974	Central	42.4

Mile Relay

1963	Central	3:17.9
1964	Central	3:21.9
1965	Central	3:18.1
1966	Central	3:18.8
1967	Central	3:13.9
1968	Central	3:15.8
1974	Central	3:22.1

High Jump

1974	Dave Heglund	6-4
1975	Dave Heglund	6-9 1/4
1978	Eric Schultz	6-6 1/4
1981	Dan Smith	6-8
1983	Dan Smith	6-8

DISTRICT RECORDS

100	10.6
200	21.6
400	47.84
800	1:50.9
1500	3:50.34
5000	14:27.7

Murray DeLorme, Simon Fraser (1976)
Joe Evans, Central Washington (1968), Kelshall Rivas, Eastern Washington (1980)
John Kaay, Simon Fraser (1984)
Bart Barto, Central Washington (1968)
Rob Schippers, Central Washington (1984)
Rick Adams, Eastern Washington (1978)

Long Jump

1962	Dave Olson	22-10
1964	Jay Lane	22-8 1/4
1971	Ray Colombo	23-0
1981	Darrell Charles	22-9 3/4

Pole Vault

1954	Bill Jenne	12-6 1/2
1962	Pat Katzer	13-6
1963	Jack Curtright	14-7 1/2
1964	Jack Curtright	13-8
1965	Gene Triplett	14-0
1972	Ray Payne	14-0
1974	Paul Mannix	14-0

Triple Jump

1971	Tim Guglomo	44-7 1/2
1976	Bill Lampe	48-4 3/4
1981	Darrell Charles	46-2 1/2
1982	Wayne Sweet	48-5 1/2

Discus

1953	Bill Jurgens	140-8 1/2
1971	Mike Williams	165-10
1972	Bill Harsh	162-10 3/4
1976	Mitch Ringe	160-2
1977	Mike Daniels	165-11
1978	Mitch Ringe	165-7
1982	Jon Torrence	165-6
1984	Rick McElwee	153-3
1985	Tracy Goff	153-8

Shot Put

1955	Gary Correll	179-3
1962	John Karas	199-6
1963	John Karas	206-3
1965	Kugie Louis	209-0
1968	Fred Andrew	225-9
1971	Dick Bedlington	238-3
1977	Dave Andrews	208-11
1979	Mike Siegwarth	190-5

Hammer

1971	Brian Midles	137-5
------	--------------	-------

10,000	30:24.8	Phil Phimister, Central Washington (1980)
10,000 Walk	47:18.9	Allan James, Western Washington (1985)
Steeplechase	9:06.4	Marty Clapp, Simon Fraser (1983)
Marathon	2:22:30	Bruce Manclark, Western Washington (1978)
110 Highs	14.2	Roger Meuter, Whitworth (1968)
400 Interm.	52.9	John Kotsogeanis, Western Washington (1980)
400 Relay	41.81	Whitworth (Scott Miller, Don Latimer, Tommy Stewart, Tim Wright, 1983)
1600 Relay	3:15.08	Simon Fraser (Paul Clarke, Kevin Tyler, Andrew Devlin, John Kaay, 1984)
Shot Put	56-4 1/4	Brad Boland, Eastern Washington (1980)
Discus	177-0	Brad Boland, Eastern Washington (1980)
Javelin	238-6	John Fromm, Pacific Lutheran (1958)
Hammer	216-10	Harold Willers, Simon Fraser (1985)
Decathlon	7,157	Phil Schot, Pacific Lutheran (1980)
High Jump	6-10	Greg Mitchell, Eastern Washington (1976)
Long Jump	25-1 1/4	Vic White, Eastern Washington (1979)
Triple Jump	52-1/4	Vic White, Eastern Washington (1979)
Pole Vault	16-0	Ron Soliday, Eastern Washington (1975)

ALL-AMERICANS

Year	Athlete	Time	Place	Event
1953	Jack Brenner	196-6 1/4	3rd	Javelin
1953	Bill Jurgens	47-3/4	2nd	Shot Put
1954	Bill Jurgens	48-9 7/8	3rd	Shot Put
1960	Denny Driskell		3rd	400 Hurdles
1962	Jack Curtright	13-6	3rd	Pole Vault
1963	Jack Curtright	14-7 1/2	2nd	Pole Vault
1964	Jack Curtright	14-6	2nd	Pole Vault
1966	Lars Lehdenper	227-0	3rd	Javelin
1966	Jim Boora	1:51.5	2nd	880
1967	Jim Boora	1:51.0	2nd	400
1967	Mark Henry	14:07.7	3rd	Three Miles
1967	Bart Barto, Jim Hay	3:13.1	3rd	Mile Relay
	Paul Wallace, Jim Brunaugh			
1968	Sam Ring	9:54.0	3rd	Steeplechase
1968	John Kirry		2nd	400 Hurdles
1969	Dick Bedlington	218-6	2nd	Javelin
1969	Terry Kelley	9:41.0	3rd	Steeplechase
1973	Bill Harsh	174-11	2nd	Discus
1978	Mark Brown	14:24.75	2nd	5000
1979	Mark Brown	14:57.1	2nd	5000
1980	Tim Hart	47.34	6th	400
1982	Rob Schippers	3:47.18	2nd	1500
1982	Wayne Sweet	47-10	5th	Triple Jump
1983	Rob Schippers	3:46.59	2nd	1500
1983	Dale King	14:25.59	5th	5000
1983	Wayne Sweet	47-5 3/4	6th	Triple Jump
1984	Paul Harshman	30:07.0	3rd	10,000

NATIONAL PLACEWINNERS

Year	Athlete	Time	Place	Event
1953	Bill Jurgens	146-1 1/4	4th	Discus
1954	Bill Jenne	12-9	6th	Pole Vault
1955	Don Pierce	9.6	4th	100
1955	Gary Correll	189-3	5th	Javelin
1958	Mike Higgins	1:54.1	4th	880
1962	John Karas	198-2	6th	Javelin
1965	Jim Boora	1:52.8	4th	880
1965	Jim Kjolso	21.6	5th	220
1965	Jim Kjolso	9.8	6th	100
1966	Gene Triplett	14-6	4th	Pole Vault
1966	Bob McCarthy, Fred Bieber, Dennis Esser, Jim Kjoslo	41.4	6th	440 Relay
1966	Fred Bieber, Jim Brunaugh, Jim Boora, Jim Kjolso	3:16.6	6th	Mile Relay
1967	Mark Henry	9:22.1	4th	Steeplechase
1967	Bob Santo	53-1	5th	Shot Put
1967	Fred Andrew	217-3	6th	Javelin
1968	Fred Andrew	NA	4th	Javelin
1968	Bob Santo	NA	4th	Shot Put
1968	Jim Boora	NA	5th	800
1968	Bart Barto	NA	6th	800
1968	Steve Shireman, Paul Wallace, Bart Barto, Jim Hay	3:14.3	5th	Mile Relay
1969	Sam Ring		6th	Steeplechase
1969	David Walker	24-2	6th	Long Jump
1969	Joe Evans, Larry Volland, Tom Lines, Marty Rose	42.1	6th	440 Relay
1970	Dick Bedlington	222-8	4th	Javelin
1970	Dave Walker		6th	Long Jump
1970	Dale Shea		6th	Steeplechase
1970	Dave Walker, Tom Lines, 41.2 Steve Slavens, Larry Volland		5th	440 Relay
1970	Dave Walker, Dave Swisher, Ray Nail, Tom Lines	3:13.8	5th	Mile Relay
1971	Mike Williams	158-10	5th	Discus
1972	Mike Behrbaum, Dave Walker, Steve Slavens, Bob Knies	41.1	4th	400 Relay
1972	Bill Harsh	54-11	6th	Shot Put
1973	Bill Harsh	156-0	4th	Hammer
1973	Bill Harsh		6th	Shot Put
1975	Dave Hegland	6-9	5th(T)	High Jump
1976	Jim Hennessy	14:25.8	5th	5000
1976	Henry Midles		6th	Hammer
1977	Mike Daniels	168-2	5th	Discus
1977	Lou Boudreaux	8:55.91	5th	Steeplechase

All-Americans Top 3 finishers 1972-78. Top 6 since 1978.

Women's Track and Field Records

SCHOOL RECORDS

100	11.8	Pam Riggs (1977)
200	24.5	Pam Riggs (1977)
400	54.9	Pam Riggs (1977)
800	2:20.8	Laura Myers (1980)
1500	4:44.8	Laura Myers (1981)
3000	10:01.4	Laura Myers (1981)
5000	17:30.0	Carmen Aguirre (1979)
10,000	38:16.0	Carol Christensen (1983)
100 Hurdles	14.2	Kathleen Kilpatrick (1977)
400 Hurdles	1:04.3	Cathy Peterson (1980)
400 Relay	48.3	Merrily Boast, Laura Jones, Sheri McCormick, Alice Pleasant (1980)
800 Medley	1:47.2	Jan Miller, Kathleen Kilpatrick, Leann Makin, Pam Riggs (1977)
1600 Relay	4:02.0	Nancy Ehle, Sue Nevins, Pam Riggs, Andrea Linn (1979)
3200 Relay	9:32.0	Sherri Calkins, Cheryl Carpmeter, Kitty Teller, Laura Myers (1979)
Discus	158-10	Cindy Pottle (1977)
Shot Put	43-5	Cindy Pottle (1978)
Javelin	160-11	Lorna Martinson (1983)
Heptathlon	4647	Lona Joslin (1984)
High Jump	5-6	Kelly Keene (1982-83)
Long Jump	18-3 1/2	Melanie Kiehn (1976)
Triple Jump	33-1/4	Katie Crowell (1984)

REGIONAL/DISTRICT CHAMPIONS

100 Yards

1975	Pam Riggs	11.0
1976	Pam Riggs	11.0

80 Meter Hurdles

1967	Judy Dickenson	14.2*
------	----------------	-------

200 Meters

1977	Pam Riggs	24.9
------	-----------	------

100 Meter Hurdles

1984	Lona Joslin	16.27
------	-------------	-------

220 Yards

1975	Pam Riggs	25.1
1976	Pam Riggs	24.5

440 Yard Relay

1967	Central	52.4
1970	Central	51.7

880 Yards

Carol Kruckenberg	2:18.8
-------------------	--------

Long Jump

1967	Loretta Miles	16-4
1970	Alma Gapsch	16-8

Mile

Carol Kruckenberg	5:14.7
-------------------	--------

Standing Long Jump

1967	Maria Floyd	8-2
------	-------------	-----

10,000 Meters

1983	Carol Christensen	39:16.4
1984	Carol Christensen	38:23.0

Shot Put

1967	Diane Walters	35-5
1984	Lona Joslin	41-4

Javelin

1981	Lorna Beaver	134-2
1982	Lorna Beaver	144-4

Heptathlon

1978	Karen Schillinger	3470
1983	Lona Joslin	4344
1984	Lona Joslin	4647

Discus

1980	Cindy Pottle	149-0
------	--------------	-------

ALL-AMERICANS

Year	Athlete	Time	Place	Event
1981	Laura Myers	10:01.42	3rd	3000
1982	Lorna Beaver	157-7	3rd	Javelin
1983	Lorna Martinson	151-10	3rd	Javelin
1983	Kelly Keene	5-5 3/4	5th	High Jump

All-American awards first presented in 1978.

NATIONAL PLACEWINNERS

Year	Athlete	Time	Place	Event
1971	Carol Kruckenberg	2:19.0	3rd	880
1971	Carol Kruckenberg	5:12.5	1st	Mile
1973	Carrie Burrell	142-2	4th	Javelin
1974	Mary Petrie	135-10 1/2	5th	Discus
1975	Pam Riggs	11.20	2nd	100 Yards
1975	Pam Riggs	25.07	4th	220
1977	Cindy Pottle	158-10 1/2	4th	Discus

DISTRICT RECORDS

100	11.9	Lori Ewing, Simon Fraser (1984)
200	24.69	Lori Ewing, Simon Fraser (1984)
400	56.59	Carrie McCarthy, Simon Fraser (1985)
800	2:11.09	Leah Pells, Simon Fraser (1983)
1500	4:35.76	Cindy Grant, Simon Fraser (1984)
3000	9:59.5	Genevieve Pfueller, Western Washington (1985)
5000	17:17.0	Genevieve Pfueller, Western Washington (1985)
10,000	37:26.3	Dana Stamper, Pacific Lutheran (1985)
Marathon	3:09:02	Sharon O'Dornan, Western Washington (1983)
100 Hurdles	15.03	Celina Owen, Simon Fraser (1985)
400 Hurdles	1:02.33	Jill Burgher, Puget Sound (1985)
400 Relay	49.17	Simon Fraser (Linda Lockyer, Corinna Lee, Tomi Hamner, Lori Ewing, 1983)
1600 Relay	3:54.61	Simon Fraser (Corinna Lee, Leah Pells, Linda Lockyer, Lori Ewing, 1983)
3200 Relay	9:13.0	Simon Fraser (Liz Street, Layren Evanow, Lesley Tomlinson, Cindy Grant, 1984)
800 Medley	1:46.0	Simon Fraser (Mary Lloyd, Tomi Hamner, Celina Owen, Lori Ewing)
Shot Put	42-1	Colette Tompkins, Whitman (1983)
Discus	131-2	Diane Gort, Western Washington (1984)
Javelin	157-0	Joan Williamson, Western Washington (1984)
Heptathlon	4,647	Lona Joslin, Central Washington (1984)
High Jump	5-9	Holly Wilson, Pacific Lutheran (1984)
Long Jump	18-2	Carolyn Miller, Pacific Lutheran (1984)

Cross Country

CWU At Nationals

Year	Finish
1970	6th, 282
1975	6th, 244
1976	10th, 377
1979	8th, 327
1980	5th, 247
1981	7th, 211
1982	11th, 360
1985	6th, 259

Individual Top 25

1970	Bill Bloom	22nd, 26:55
1970	Terry Kelly	23rd, 26:56
1975	Jim Hennessy*	20th, 25:35
1976	Jim Hennessy*	21st, 24:57
1976	Lou Boudreaux*	22nd, 24:57
1977	Toby Suhm*	13th, 24:53

*All-American.

Academic All-Americans

1984	Bob Prather
------	-------------

CWU District Finishes

Year	Finish
1963	inc.
1964	inc.
1965	inc.
1966	3rd, 62
1967	2nd, 62
1968	2nd, 46
1969	2nd, 42
1970	1st, 49
1971	1st, 54
1972	2nd, 73
1973	3rd, 70
1974	4th, 69
1975	1st, 24
1976	1st, 23
1977	5th, 114
1978	3rd, 82
1979	2nd, 33
1980	2nd, 38
1981	2nd, 56
1982	3rd, 68
1983	4th, 88
1984	3rd, 82
1985	2nd, 57

CWU Individual Champions

1975	Jim Hennessy	24:51.1
1976	Jim Hennessy	26:20.0
1977	Toby Suhm	25:22.6
1979	Mark Brown	26:04
1980	Phil Phimister	27:43

Evergreen Conference

Year	Finish
1967	1st, 31
1968	2nd, 54
1969	2nd, 42
1970	1st, 49
1971	1st, 54
1972	2nd, 73
1973	3rd, 70
1974	4th, 69
1975	1st, 24
1976	1st, 23

Individual Champions

1975	Jim Hennessy	25:36
1976	Jim Hennessy	26:26

WOMEN

CWU At Nationals

Year	Finish
1985	16th, 402

CWU All-Americans

1982	Carol Christensen	12th, 18:58
1985	Kim Burke	9th, 19:18

Academic All-Americans

1985	Kim Burke
------	-----------

CWU at District/Regionals

1977	9th, 265
1978	11th, 293
1979	4th, 80
1980	INC.
1981	4th, 114
1982	5th, 107
1983	4th, 111
1984	7th, 183
1985	4th, 106

1986 Men's and Women's Track Rosters

MEN

NAME	EVENT	CL.	EXP.	HOMETOWN (HIGH SCHOOL)
John Arlt	Hurdles	Fr.	HS	Ellensburg
Steve Bacon	10,000-Marathon	So.	1V	Seoul, Korea
Steve Bator	Hurdles	Jr.	1V	Roslyn (Cle Elum)
Joe Barrow	5,000-10,000	Jr.	1V	San Pedro, CA
Shawn Barrow	Steeple-5K-10K	So.	SQ	San Pedro, CA
Cope Belmont	10,000-Steeple	So.	SQ	Chelan
Chris Burch	Decathlon	Sr.	3V	Yakima (West Valley)
Charles Chandler	Hurdles	Jr.	1V	Kirkland (Lk. Wash — Olympic)
Charles Christnacht	Hurdles	Sr.	3V	Tacoma (Bellarmine Prep)
Art Clarke	5,000-10,000	Jr.	2V	Ellensburg
Joel Czech	Steeple-1500-5000	Fr.	HS	Vancouver (Columbia River)
Jimmie Dillingham	100-200-LJ	So.	1V	Tacoma (Wilson)
Robert Dutra	Triple Jump	Fr.	HS	Olympia (Timberline)
Michael Elvin	Steeplechase	Fr.	HS	Tumwater
Sean Frawley	200, 400	Fr.	HS	Redmond
Tracy Goff	SP, Discus, Hammer	Jr.	1V	Omak (Wenatchee VC)
Joel Grindeland	Pole Vault	Fr.	HS	Longview (Mark Morris)
Gary Guenther	HH, High Jump	Fr.	HS	Mount Vernon
Michael Hedwall	Pole Vault	Fr.	HS	Bellevue
Greg Hinrichsen	800	Jr.	2V	Lynnwood
Andrew Hyde	5,000-10,000	Jr.	JC	Seattle (Shorecrest)
Steve Jackson	800-1500-5000	Jr.	JC	Federal Way (Decatur — HCC)
Chuck Little	1500-5000-10,000	Fr.	HS	Selah
Michael McCluskey	1500-5000-10,000	Jr.	JC	Kent (Kentridge — GRCC)
Ken Rossetto	800-1500-5000	Jr.	JC	Tacoma (Bellarmine — GRCC)
Michael Roush	1500-5000	Fr.	HS	Seattle (Chief Sealth)
Mark Sargent	Hurdles	Fr.	HS	Seattle (Tyee)
Mike Spurr	Pole Vault	Sr.	2V	Kirkland (Juanita — Willam.)
Jon Torrence	Discus, Shot	Sr.	2V	Lynnwood (UW)
Jeff Toycen	100-200	Fr.	HS	Woodinville (Bothell)
Dominic Urbano	Steeple-5000	Fr.	HS	Deming (Mt. Baker)
Larry Varin	10,000	So.	HS	Quincy
Kevin Wilson	SP, Discus, Hammer	So.	1V	Rochester
Gregory Wrice	100-200	Jr.	JC	Seattle (Garfield — BCC)

HEAD COACH: Spike Arlt. **ASSISTANT:** Keith Kellogg.

WOMEN

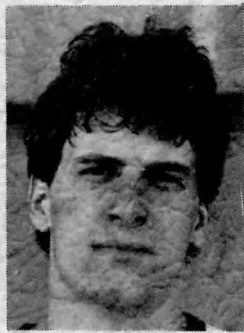
NAME	EVENT	CL.	EXP.	HOMETOWN (HIGH SCHOOL)
Kim Burke	3000-5000	Jr.	2V	Colville
Amy Carroll	200-400	Fr.	HS	Juneau, AK
Christine Clausen	SP, Jav	Fr.	HS	Mason
Katie Crowell	100-Long Jump	Jr.	2V	Tacoma (Fife)
Debbie Dale	SP, Disc, Jav	Fr.	HS	Tumwater
Betty Dame	Distance	Fr.	HS	Port Orchard (South Kitsap)
Tracy DeLorm	Hurdles	So.	SQ	Sequim
Meredith Denn	Sprints	So.	SQ	Sumner
Toni Donisthorpe	Hurdles	Sr.	3V	Vancouver (Columbia River)
Cathy Gray	400, Hurdles	Jr.	2V	Gig Harbor
Donna Haupt	Sprints	Fr.	HS	Longview (R.A. Long)
Lisa Hertrich	High Jump	Fr.	HS	Edmonds
Cyndi Hudon	100,200	Fr.	HS	Wapato (Eisenhower)
Karen Munger	High Jump	Jr.	2V	Seattle (Shoreline)
Caroline Ottow	Sprints	Fr.	--	Tacoma (Curtis)
Tina Parly	LJ, TJ	So.	TR	Federal Way (Decatur — Whitman)
Collette Roddewig	HJ, LJ	Fr.	HS	Fall City (Mount Si)
Molly Stavik	Discus	Fr.	HS	Deming (Mt. Baker)
Leslie Tysseling	Distance	Fr.	HS	Everett (Cascade)
Mary Jo Veneziani	Distance	Fr.	HS	Bellevue (Newport)
Angela Wright	LJ, Sprints	So.	HS	Agana, Guam
Denise Zerr	Disc, SP	Sr.	SQ	Kent (Kent-Meridian — GRCC)

HEAD COACH: Jan Boyungs. **ASSISTANT:** Keith Satterfield.

Returning Lettermen



STEVE BACON



STEVE BATOR



JOE BARROW



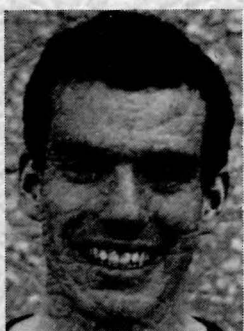
SHAWN BARROW



CHRIS BURCH



CHARLES CHANDLER



ART CLARKE



CHARLES CHRISTNACHT



JIMMIE DILLINGHAM



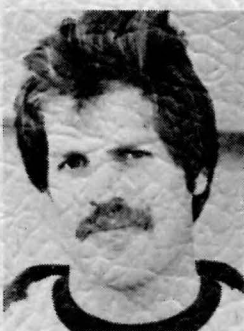
TRACY GOFF



GREG HINRICHSEN



MIKE SPURR



JON TORRENCE



KEVIN WILSON



KIM BURKE



KATIE CROWELL



CATHY GRAY



KAREN MUNGER



TONI DONISTHORPE

